

## Fitness and Health

### YOGA: MURDY COMMUNITY CENTER

Beginner & intermediate students welcome! Classes are sequenced to increase flexibility while strengthening the entire body (back, hips, shoulders, neck, etc.) Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. If there are existing medical conditions, please check with your doctor before proceeding. No class 7/4.

King, Jacki, E-RYT		Murdy Community Center Hall A			
4417.300	Adult	7/7 - 8/18	4:35pm-5:35pm	M	\$58
4417.301	Adult	7/9 - 8/20	4:30pm-5:30pm	W	\$58

Carmichael, Yvonne		Murdy Community Center Game Room			
4418.300	16yrs to Adult	6/25 - 8/13	10:30am-12:00pm	W	\$87
4418.301	16yrs to Adult	6/27 - 8/22	10:30am-12:00pm	F	\$87

Holden, Susan CYP		Murdy Community Center Hall A			
4450.300	16yrs to Adult	7/7 - 8/18	6:00pm-7:00pm	M	\$58
4450.301	16yrs to Adult	7/7 - 8/18	7:15pm-8:15pm	M	\$58
4450.302	16yrs to Adult	7/8 - 8/19	5:30pm-6:45pm	Tu	\$58
4450.303	16yrs to Adult	7/11 - 8/22	4:00pm-5:00pm	F	\$58

### YOGA: QIGONG FOR WELLNESS

Esteemed by the Chinese for thousands of years for illness prevention and therapeutic benefit, this easy-to-learn practice includes gentle movements to promote flexibility and tone, breathing methods to calm. All activity is done standing or sitting in a chair. Instructor has a Qigong Master teaching credential. 1st class is free.

Walker, Donald		Murdy Community Center Hall C&D			
4394.300	Adult	6/25 - 8/6	6:00pm-7:15pm	W	\$49

### YOGA: YOGA AS A SENIOR SOLUTION

Starting in the chair with emphasis on breathing/posture, then using the chair as a prop for balance, stretching and flexibility, continuing down to the mat. Working to strengthen the body from fingers to toes, keeping ones independence and freedom of movement for your individual body, in a class limited to 12 students for individual attention. Please bring a mat and blanket. No class 6/4, 7/21- 25.

Help Your Health, RoxAnn Madera		Marutani Center, 18964 Brookhurst Street, Fountain Valley			
4510.300	50 yrs +	6/23 - 8/18	1:00pm-2:30pm	M	\$126
4510.301	50 yrs +	6/24 - 8/19	10:30am-12:00pm	Tu	\$126
4510.302	50yrs +	6/26 - 8/21	10:30am-12:00pm	Th	\$126
4510.303	50yrs +	6/27 - 8/22	10:30am-12:00pm	F	\$110

### YOGA: YOGATATION

Come and experience a new way to relieve stress, find emotional balance and enjoy increased physical flexibility. 'Yogatation' is a practice developed by David Phears. Whether you are brand new to Yoga or Meditation or a seasoned devotee, 'Yogatation' is for every level of practice and knowledge.

Phears, David		City Gym Room A			
4648.300	Adult	6/26 - 8/14	9:00am-10:15am	Th	\$58
4648.301	Adult	6/25 - 8/13	12:00pm-1:15pm	W	\$58

## Parks & Recreation...

# Reduce Stress

...The Benefits Are Endless

## Martial Arts

### KARATE: PRACTICAL MARTIAL ARTS

Our system combines the foundations of traditional martial arts which instills a sense of respect, self-confidence, and focus; and adds to that a modern flavor of training. We combine the striking involved in Muay Thai, and Boxing - the groundwork of Jiu-Jitsu, and the throws and takedowns trained in Wrestling and Judo. Belt Advancement is Available. No class 7/5.

Betance, Justin		Murdy Community Center Hall B			
5232.301	15yrs to Adult	6/26 - 8/30	7:00pm-8:00pm	Th	\$150
			9:00am-10:00am	Sa	

### KARATE: TAE KWON DO

Develop coordination, improve balance, and achieve total fitness and self-defense while increasing self-confidence. Uniforms will be available for purchase from instructor.

Tillehkooh, Kiavash		City Gym Room B			
4381.300	13yrs to Adult	6/23 - 9/1	7:15pm-8:00pm	M	\$177
4381.301	13yrs to Adult	6/24 - 9/2	7:15pm-8:00pm	Tu	\$177
4381.302	13yrs to Adult	6/25 - 9/3	7:15pm-8:00pm	W	\$177
4381.303	13yrs to Adult	6/26 - 9/4	7:15pm-8:00pm	Th	\$177

### KARATE: TRADITIONAL JAPANESE KARATE-DO

Learn traditional karate. Improve your physical fitness and balance. Come and learn basic Japanese commands and counting, meditation, self-defense, and how to spar correctly. This class is ongoing and progressive. Uniforms and equipment are available for purchase from instructor. Beginner/All Ranks

Wadoryu USA, Nishimura Shoji		Edison Community Center Hall A			
4383.300	16yrs to Adult	6/26 - 8/28	7:00pm-8:15pm	Th	\$120

### MARTIAL ARTS: ADULTS

Classical Korean Martial Arts. Students will learn Korean terminology, basic blocks, strikes, kicks, self defense and forms. Any one day \$85, any 2 days \$100, all 3 days \$125.

Cardinal, Frances		Rodgers Seniors' Center Hall B			
4385.300	14yrs to Adult	6/24 - 9/2	6:15pm-7:45pm	Tu	\$85
4385.301	14yrs to Adult	6/26 - 9/4	6:15pm-7:45pm	Th	\$85
4385.302	14yrs to Adult	6/28 - 9/6	10:00am-12:00pm	Sa	\$85
4385.303	14yrs to Adult	6/24 - 9/6	10:00am-12:00pm	Any 2 days	\$100
4385.304	14yrs to Adult	6/24 - 9/6	10:00am-12:00pm	All 3 days	\$125

